Designing the Ideal Workstation

A comprehensive step-by-step guide to designing the ideal computer workstation is available at http://chppm-www.apgea.army.mil/ergowg/Workstation_Guide_Web.pdf. This guide was developed by the DoD Ergonomics Working Group and describes in detail the important issues (e.g., features of the chair, lighting, adjustability of work surface, etc.) to consider when designing your workstation. It is recommended that computer users use this guide to assess the design of their workstations and make modifications.